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Scientists say baby with AIDS cured

Faster and stronger treatment credited with knocking out HIV in bloodstream before virus hideouts could be formed

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TABOOS AROUND EATING HORSES MAY BE SOFTENING IN CANADA AND OTHER COUNTRIES

THE RECENT HORSEMEAT SCANDAL IN EUROPE HAS MANY SEARCHING FOR HORSEMEAT RECIPES ONLINE

PAGE 8 & 9

Cabinet stands behind Clark amid scandal

Inner circle rallies.
Premier ignores demands for her resignation after leaked memo revealed Liberal strategy to win 'ethnic vote'

EMILY JACKSON
emily.jackson@metronews.ca

Calls for her resignation from members of her own party won't stop Premier Christy Clark from running in the May election.

Her cabinet ministers staunchly supported Clark as leader before and after a last-minute cabinet meeting held Sunday, amid mounting criticism over a leaked memo that outlined plans for the B.C. Liberals to woo the "ethnic vote" using government resources.

Addressing a throng of media outside the premier's Vancouver office, ministers dismissed calls for Clark to step down as nonsense from fringe party members and downplayed the reasons for meeting.

It wasn't an "emergency" meeting, Transportation Minister Mary Polak said; it was just a previously unscheduled gathering.

But Clark made a point to "sincerely apologize" for the document, which suggested the government apologize for historical wrongs such as the Chinese head tax to earn "quick wins" among ethnic voters.

The memo released by the NDP on Wednesday used language that "isn't worth repeating," Clark said after the meeting.

"When you make a mistake, when somebody in your organization makes a mistake, the right thing to do is to own up to it and make it right."

Yet some Indo-Canadian and South Asian Liberals in Surrey said Clark should resign for the mistake. By pandering to the ethnic vote with the $11-million Time of India Awards, 89 party members accused her of "making the ethnic vote a joke" in a news release on Sunday.

Clark's deputy chief of staff resigned over the memo on Friday. As an investigation into who wrote the memo continues, Clark will meet with the Liberal caucus in Victoria on Monday.

Premier Christy Clark speaks to reporters after a last-minute cabinet meeting Sunday evening.
DARRYL DYCK/THE CANADIAN PRESS

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Taken from clinic

Police warn of stolen syringes containing dangerously potent drugs

Vancouver police are warning drug users not to use or take pre-filled syringes after experimental samples of heroin and cocaine were stolen from a downtown clinic early Sunday morning.

Nine syringes containing enough drugs to cause serious injury or death to people not accustomed to the dosage were stolen from the Crosstown Clinic on Abbott Street.

Researchers were using the drugs in a program designed to wean people off drugs, according to police.

The syringes were unpackaged, do not have orange caps and may have bar-code stickers on them.

Anyone with information is asked to call police.

EMILY JACKSON /METRO

Arrest made

Man dead after fight outside Main St. pub

Vancouver police are investigating the city's third homicide of 2013 after a pub fight on Main Street Friday.

A 50-year-old man has been arrested, but no charges have been laid.

Police say William David Floyd got into a fight after being kicked out of the Ivanhoe Pub shortly before 10 p.m.

VPD Const. Brian Montague said the 47-year-old was unresponsive when police arrived.

He was rushed to the hospital where he was pronounced dead.

The exact cause of death has not been determined and the investigation is ongoing.

PHYLICIA TORREVILLAS/METRO

Olga Khoudak picks a bag that will match her dress Sunday during the Cinderella Project's Boutique Day at the Renaissance Hotel in Vancouver. The project helps 150 underprivileged students from across the Lower Mainland realize their graduation dreams. PHYLICIA TORREVILLAS/METRO

Cinderella Project makes magic happen for underprivileged grads

Getting the royal treatment. Project has helped to glam up more than 2,500 students since its inception in 1999

PHYLICIA TORREVILLAS
phylicia.torrevillas@metronews.ca

Olga Khoudak was smiling from ear to ear when she finally found the graduation dress that made her feel like a princess.

Khoudak is one of 150 students from across the Lower Mainland who received a head-to-toe royal treatment courtesy of the Cinderella Project, which gives participants a chance to choose from an assortment of dresses and suits, shoes and bags to make their graduation dreams a reality — all free of charge.

Quoted

"They're finishing high school despite all the odds against them. We want them to feel like a princess or a prince." Cinderella Project co-founder Cindy Given

The Templeton Secondary student twirled around in a blue halter Grecian dress she chose after looking through racks and racks of dresses.

"I was looking at the dresses and my dad's words came back to me. He was always saying I should wear blue and green because it brings out the colour of my eyes," Khoudak told Metro Sunday at the project's Boutique Day at the Renaissance Hotel. "It fit like a glove and I knew it was the dress that I wanted."

The grads were paired up with a volunteer "godmother" or "godfather" who helped them try on and pick out their clothes and accessories.

Khoudak's "godmother" Pat Greig said she's proud to be a part of a project that helps celebrate deserving youth.

Since its inception in 1999, the project has helped more than 2,500 young people realize their graduation dreams.

"They are students that need a little extra help, that have persevered," Cinderella Project co-founder Cindy Given said. "They're finishing high school despite all the odds against them. We want them to feel like a princess or a prince.… We know that they are very special and we want them to feel that way."

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Pot growers sued over alleged power theft

BC Hydro. Company alleges grow-ops tampered with wiring, bypassed meters

REBEKAH FUNK
The Canadian Press
Exclusively for Metro

BC Hydro has launched a number of lawsuits against pot growers who allegedly tampered with electrical wiring and meters to steal power — at a cost of $100 million a year for legitimate customers, according to company estimates.

Three of the cases were filed on Feb. 27 against residential grow operators in Surrey and Burnaby as BC Hydro tries to recoup its losses.

Court documents say marijuana grow operators "deceitfully conspired ... to hoodwink" BC Hydro for an unknown time period leading up to Feb. 10, 2011.

They say the defendants bypassed meters and tampered with wiring in order to obtain profits that "substantially exceed the value of the diverted electricity."

The allegations have not been proven in court, and statements of defence have not yet been filed.

Losses

$100M

BC Hydro claims that energy theft costs customers $100 million a year.

"Electricity theft currently results in approximately $100 million a year in unnecessary costs that are borne by all legitimate BC Hydro customers," said Hydro spokeswoman Simi Heer, in an email.

"That's why we are so active in collecting back billing," she said.

Daily power theft at grow-ops can range from 200 to more than 1,000 kilowatt hours, Heer said.

That's the equivalent of leaving a 60-watt light on continuously, from between 138 days to just under two years.

While BC Hydro hasn't done any research into electricity-theft trends, Heer said it has put more inspectors in the field and installed smart meters that can detect tampering.

"We are expecting theft to begin declining" in light of the new measures, Heer said.

In cases in which the Crown approves criminal charges, Heer said BC Hydro requests the accused be required to pay up as part of a plea bargain or a sentence — regardless of the outcome of the case.

When defendants don't pay for electricity theft, she said the company hires collections agencies or files lawsuits to recover losses.

Police remove items from a suspected grow-op in Vancouver in 2009. METRO FILE

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Right to die. Foundation writes up new protocols

Months before B.C. Supreme Court Justice Lynn Smith struck down Canada's law on doctor-assisted suicide, Russel Ogden and a colleague attended the suicide of a 90-year-old woman in the province's West Kootenays.

As Margaret Joan Lunam — a mother, veteran of the Second World War and aspiring Buddhist — ended her life, the fragrance of balm of gilead filled the crisp afternoon air of her Kaslo home, and yellow daffodils lay nearby.

The visit wasn't a first for Ogden, a criminologist at Kwantlen Polytechnic University, who said he has attended what he calls "self-chosen deaths" for research before and has even been arrested by police. But it was a first for him as director of the Farewell Foundation for the Right to Die, a group that will be in court Monday when the federal government appeals Smith's ruling.

The foundation, which believes its members should be able to receive assistance to end their lives and provide assistance to other members who want to do the same, even for non-medical reasons, has published a five-page protocol for attending self-chosen deaths.

"The principal reason for attending is because members do not wish to die alone and they also wish to ensure that their death is reported appropriately to the coroner and the police," said Ogden.

THE CANADIAN PRESS

Surrey Central Mall

Witnesses sought after man forced into trunk

Surrey RCMP are investigating and appealing for witnesses into a possible abduction in the parking lot of the Surrey Central Mall Saturday.

Police say that a light-coloured, mid- to late-1990s Mercedes-Benz four-door sedan pulled up in front of the Shoppers Drug Mart just before 6 p.m. and three white men exited the car. Two of them appeared to force the third into the trunk before driving out of the lot toward Old Yale Road. Anyone with information is asked to contact RCMP at 604-599-0502 or Crime Stoppers. METRO

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SECOND CUP

Brooklyn. Parents-to-be die, but baby lives

A pregnant woman who was feeling ill was headed to hospital with her husband early on Sunday when their car was hit, killing them both — but their baby boy was born prematurely and survived, authorities and a relative said.

The driver of a BMW slammed into the car carrying Nachman and Raizy Glauber, both 21, at an intersection in the Williamsburg neighbourhood of Brooklyn, said Isaac Abraham, a neighbour of Raizy's parents.

Raizy was thrown from the car, and her body landed under a parked tractor-trailer, witnesses said. Nachman was pinned in the car.

Their infant son was in serious condition, Abraham said. The hospital did not return calls about the child, but police said the Glaubers' driver was in stable condition. The driver of the BMW and a passenger fled and were being sought by police. THE ASSOCIATED PRESS

Infant may be cured of AIDS

Mississippi. Aggressive treatment just after birth left child healthy a year off medication

Dr. Deborah Persaud is the lead investigator into the cure's success.
JOHNS HOPKINS MEDICINE/THE ASSOCIATED PRESS

A baby born with AIDS appears to have been cured, scientists announced on Sunday. The child from Mississippi is now two and a half and has been off medication for about a year with no signs of infection.

There's no guarantee the child will remain healthy, although testing uncovered just traces of the virus's genetic material still lingering. If so, it would mark only the world's second reported cure.

A doctor gave this baby faster and stronger treatment than usual, starting a three-drug infusion within 30 hours of birth. That was before tests confirmed the infant was infected and not just at risk from a mother whose HIV wasn't diagnosed until she was in labour.

The fast action apparently knocked out HIV in the baby's blood before it could form hideouts in the body. Those so-called reservoirs of dormant cells usually reinfect anyone who stops medication, said Dr. Deborah Persaud of Johns Hopkins Children's Center. She led the investigation that deemed the child "functionally cured," meaning in long-term remission even if all traces of the virus haven't been eradicated. THE ASSOCIATED PRESS

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Horse as the main course

On the menu. What's distasteful to some is more than palatable at Toronto's La Palette

JESSICA SMITH
jessica.smith@metronews.ca

Restaurateur Shamez Amlani says he understands being vegan — but refusing to eat horse while chowing down on the noble cow and the friendly pig? That's just "speciesism."

Amlani and his wife opened La Palette on Toronto's Queen West just over 12 years ago. When he first asked his meat supplier to find him horse, there weren't any other restaurants in Toronto serving it. La Palette, he said, offered it clandestinely to customers with a "pssst, we have horsemeat" whisper, rather than putting it on the menu.

Now, horse tartare and two horse main courses are on the menu. Horsemeat, being so lean, is a favourite of athletes but is also so tender his wife calls it "the butter of meats," he said.

As it turns out, we might not eat a lot of horse but we supply a lot of people who do.

Canada exports thousands of kilograms of horsemeat each year.

Amlani said horsemeat squeamishness can be traced to 732, when Pope Gregory III decreed eating horse a "filthy and abominable custom."

"People will have a very schizophrenic approach to why you shouldn't eat it — they'll start by saying they're companion animals, they'll tell you it's bad for you because of (drugs) that might be present in the meat and they'll switch back to 'But they're so cute,'" he said.

Others will encourage a distaste for horsemeat as "the thin edge of the wedge" in their attempts to convert others to veganism.

Amlani knows all about people's objections. His restaurant has been the focus of protests, and sometimes diners walk out when they see horsemeat on the menu.

Horse tartare and tenderloin, as prepared by Chef Brook Kavanagh of La Palette. FERNANDO CARNEIRO/METRO

Taste test

Savouring the tenderest of meats

To me, the horsemeat debate comes down to taste. We eat beef, pork — why not horse?

On to the taste test. La Palette, a French bistro on Queen Street West, serves horsemeat.

I started with a tartare — raw horsemeat with onions and seasoning.

I was surprised by how tender horsemeat is, despite being so lean. It's also mild — much milder than beef. I wondered if the seasonings were keeping me from fully tasting the meat. The dish was delicious, but I wanted horse on its own.

The tenderloin gave me that opportunity. Seared on the outside and rare on the inside, it was accompanied by a mushroom oat risotto, seasonal vegetables and a port reduction. I could've eaten the meat with a spoon, it's so soft. And a little sweet. It won me over.

FERNANDO CARNEIRO
Metro
fernando.carneiro
@metronews.ca

Some horsemeat stats

13,489 Canada exported 13,489 metric tonnes of horsemeat in 2011. That's down 24 per cent since 2010, when Canada exported 17,766 metric tonnes.

89,348 There were 89,348 horses slaughtered in licensed slaughterhouses in Canada in 2011, each weighing an average 0.28 metric tonnes.

Recipe pays homage to one of the most beautiful animals

Hayfire Roasted Horse Tenderloin with the Foods It Liked Most

- 2 pounds horse tenderloin
- damp hay
- applewood
- 1/4 cup rendered horse suet
- 2 large heirloom carrots
- 2 firm cooking apples
- 1 tbsp fermented oat paste (could substitute miso)
- 2 cups alcoholic dry apple cider
- 2 tbsp apple cider vinegar
- 2 cups finely diced carrots, onions and celery (mirepoix)
- 1 tsp julienned fresh sage leaf
- 10 pounds horse bones
- whole oats
- good butter
- chives

For the horse and its carrots and apples: Build an applewood fire. Over it suspend a rendered-horse-suet-brushed cast iron grill. When the fire subsides and the embers burn bright, place a layer of damp hay, the whole carrots and apples (peels intact), then more damp hay over the coals. Place the seasoned tenderloin on the hot grill and roast on all sides over the apple-hay smoke until the outside is deep brown and crispy. Move the horse to a warm corner of the fire to rest before slicing. Peel the cooked apples and carrots.

For the horse's oats: Make a stock of horse marrow bones, fermented oat paste and roasted hay. Toast the whole oats in good butter with sage. Add the mirepoix, deglaze with a dry alcoholic apple cider, the cider vinegar and the horse stock. Simmer until oats are tender, adding more stock as necessary. Finish with more good butter, chives, and season to taste.

For the horse reduction: Boil the remaining horse broth with a cup of apple cider until it is thick and sticky. Right before serving add a few spoons of cold butter and whisk to incorporate. Serve each guest a few spoons of the oats, a thick slice of tenderloin, a few slices of apples, carrots and the reduction.

CHEF BROOK KAVANAGH, LA PALETTE

Arguments in the horsemeat controversy

- **Argument: Horses can be mistreated or unethically killed.** Last winter, the Toronto Star published an exposé about horses bought at a "kill" auction in the U.S. It followed a trailer of horses that were left without food, water or room to move for 22 hours as they made the trip to an abattoir in Quebec. The Canadian Horse Defence Coalition has secretly filmed some of Canada's abattoirs and found some instances in which horses are improperly killed.
- **Counterargument: It's no different than cattle slaughter — humane.** Horsemeat proponents argue the process is the same as the slaughter of cattle. Plus, killing a horse for its meat, instead of leaving it improperly cared for at a farm that no longer has use for it, is ultimately more humane.
- **Argument: There could be harmful drug residue.** Phenylbutazone (PBZ) is an anti-inflammatory given to many horses, especially racehorses, which can end up at abattoirs. The drug can cause serious health problems in humans if ingested.
- **Counterargument: Horsemeat is tested.** The Canadian Food Inspection Agency (CFIA) has a "zero tolerance for phenylbutazone in food" and conducts random spot tests of horsemeat for residue of the drug, finding "a very high compliance rate" with the law.

ROBSON FLETCHER/METRO IN CALGARY

Which meat will you eat?

"It's based on taste. I like steak, I like beef, chicken.... I've never had horsemeat before. But I would if it was good."

Brian Jansen, 23, actor, eats meat

"I would try almost anything. I've eaten venison, I've eaten buffalo, elk, kangaroo — I think — and ostrich."

Stephanie Nadler, 50, artist and stay-at-home mom, eats meat

Would you eat horsemeat?

"To me, meat is meat.... I don't understand why it's different than cow or pig."

Kristen Corbet, 31, works in the solar-energy industry, doesn't eat meat

"I don't think people should eat horsemeat.... So many people love horses and have them as a pet."

Logan Thayalan, 30, database assistant, eats meat, but not horsemeat

WH YO TAS

The recent horsemeat scandal has generated more curiosity than controversy. Searches for 'horsemeat recipes' spiked dramatically following news that horsemeat disguised as beef had been sold across Europe. In Canada, searches for

Who's not too sweet to eat?

We asked which animals you would eat. Here's how you voted:

AT'S UR TE?

'horse recipe' have been generally trending upward since 2008, reaching an all-time high this February. Volumes were highest in Alberta, perhaps indicating that cattle country is developing a taste for horses.

Rabbit

92 votes

Cow

128 votes

Frog

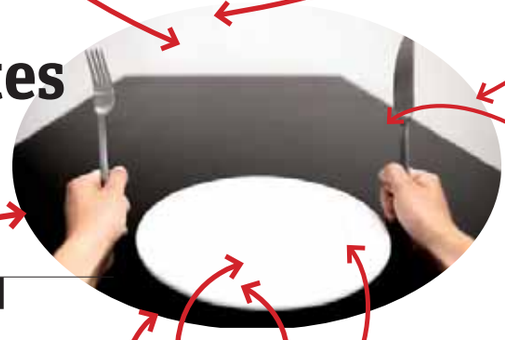
64 votes

Salmon

125 votes

Dog

0 votes



Horse

67 votes

Chicken

132 votes

Camel

62 votes

Seal

58 votes

Caterpillar

25 votes

Kangaroo

72 votes

Pig

122 votes

ALL PHOTOS: ISTOCK

Horsemeat. Big business in Alberta

Canadians consume about 650,000 pounds of horsemeat and export about 30 million pounds of it each year, with most coming from the province best known for its cattle.

"Probably two-thirds of the Canadian processing is done in Alberta," said Bill desBarres of the Horse Welfare Alliance of Canada, an advocacy group for the horsemeat industry.

While some might bristle at the thought of slaughtering horses for food, advocates like desBarres believe it's the best end-of-life option for many of the animals.

"It's the most humane option — for horses that qualify — to go to processing," he said. "But the horse must qualify. It can't have phenylbutazone administered in the life of the horse, for instance. That's a painkiller that does not have a designated withdrawal time."

Horses that have consumed other drugs can qualify after spending sufficient time on a feedlot for the drugs to clear their systems, desBarres said.

The Canadian Food Inspection Agency "has zero tolerance for phenylbutazone in food," according to its website, and employs both random and targeted testing of horsemeat for the drug and other contaminants.

Other groups, however, like the Canadian Horse Defence Coalition, say it's impossible to guarantee that horses sent for slaughter are free of such drugs. "With such random, scanty testing protocols in place, one can only imagine how many drug-positive horses slip through the cracks," CHDC executive director Sinikka Crosland said in a recent statement.

Bruce Flewelling, who buys and sells horses for meat in Alberta, said processing may be distasteful to some — including his own father, who was an avid horseman — but he prefers it to simply burying or cremating horses at the end of their lives.

"With processing, you get something out of the horse," he said.

ROBSON FLETCHER/METRO IN CALGARY

Horses wait to be ushered into the auction ring in Nebraska in 2008. Most of the animals were sold so they could be sent to Canada to be slaughtered.

NATE JENKINS/THE ASSOCIATED PRESS FILE

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Freeze-dried Fido.
Taxidermist makes sure animal lovers never have to say goodbye

Anthony Eddy looks into a conventional freezer while a dog is preserved inside a freeze dryer in Slater, Mo. Animal lovers from across the U.S. call on Eddy to faithfully preserve their beloved departed pets for posterity through a freeze-drying process that can take up to a year. JEFF ROBERTSON/THE ASSOCIATED PRESS

Growing up on the family farm, Anthony Eddy learned early on not to get too attached to animals, including household pets.

His devoted customers are a different story. Pet lovers across the U.S. count on the Missouri taxidermist to faithfully preserve Brutus, Fluffy and other beloved companions for posterity. Even if it means shelling out thousands of dollars and waiting more than a year for the pets' return.

"They're very distraught, because their child has died. For most people, this animal is their life," said Lessie "Les" Thurman Calvert, Eddy's office manager. "Some are kind of eccentric. But most of them are just like you and me. They don't want to bury or cremate them. They can't stand the thought.... It helps them feel better about the loss."

The front showroom of Eddy's Wildlife Studio in downtown Slater, Mo., is a testament to pet owners' perseverance. Lifelike dogs and cats of all sizes are scattered along the floor, from a perky-looking Brittany spaniel to a regal Persian cat, a lone iguana and the stray cockatiel or two.

Departed pets of all persuasions spend up to one year in hulking, freeze-dry metal drums before they are painstakingly preserved and returned to their owners.

THE ASSOCIATED PRESS

Executive pay

Swiss rein in 'fat cat' bosses

Swiss voters voiced their anger at perceived corporate greed Sunday by approving a plan to boost shareholders' say on executive pay. Some 67.9 per cent of voters backed the Rip-Off Initiative, according to Swiss public television station SRF.

The outcome of the referendum was considered a foregone conclusion after opinion polls in recent months showed strong public support for the initiative.

News last month that the outgoing board chairman of Swiss drug maker Novartis AG, Daniel Vasella, was to receive a leaving package worth about $78 million further fired up public sentiment against "fat cat" bosses. Vasella later said he would forego the deal.

Swiss lawmakers will now have to draft a law giving shareholders the right to hold a binding vote on all compensation for company executives and directors.

THE ASSOCIATED PRESS

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TODAY'S BEST MIX

HORROR OF GRANVILLE BUS STATION

URBAN COMPASS

Richard Littlemore
vancouver@metronews.ca

Whose stupid idea was it to turn Granville Street into the world's longest, most threatening bus station?

Really, there are probably some rosy romantics (and a few planners) who still call the five blocks of Granville between Hastings and Smithe "a pedestrian mall." But as anyone from the neighbourhood can attest: Buses rule.

These hulking electric monsters are the stuff of your worst nightmare — seriously, first on everyone's coulda-been-worse list is being hit by a bus. And yet they stalk Granville night and day, the perfect delivery mechanism for a swift but painful death.

At least that's how it feels. For any pedestrian standing close to the roadway or — spandex be spared! — any cyclist courageous enough to traverse the actual pavement, the sudden appearance of a moving wall of glass and metal strikes fear, instantly and deeply.

This, my friend Gordon Harris says, is a good thing. Buses' inherent scariness keeps us on our toes. As president of the Simon Fraser University Community Trust, Harris is responsible for planning and developing UniverCity on Burnaby Mountain. As such, he sometimes speaks with the sweeping conviction typical of people who have actual expertise. "No one," he says, "gets hit by those buses."

I'm naturally suspicious of such certainty. So, while resisting the temptation to say, "Oh, yeah?" I immediately went to ICBC for a statistical contradiction. No joy. No pedestrian has been struck by a bus in that stretch since 2006.

I'm still inclined to quibble. After all, the street was closed interminably for Canada Line construction. But — annoyingly — it appears that Harris is correct. We townies step carefully in the presence of the demon bus.

Looking to answer the "whose idea was this, anyway?" question, I checked with another Gordon: former Vancouver city councillor Gordon Price, now director of the SFU City Program. Price reminded me that the "transit mall" idea emerged in the early 1970s from the Electors' Action Movement council of then-mayor Art Phillips.

The Phillips TEAM was looking for an alternative to a proposed freeway that would have roared through Gastown, divided the downtown and connected to the usually empty eight lanes of the Granville Street Bridge. (Against that vision, the mall looks fabulous.) The idea of keeping the buses arose from the recognition that pedestrian malls fail dismally if there aren't any pedestrians. In the absence of cars (and before the SkyTrain), buses were (and are?) the best way to get people to the street.

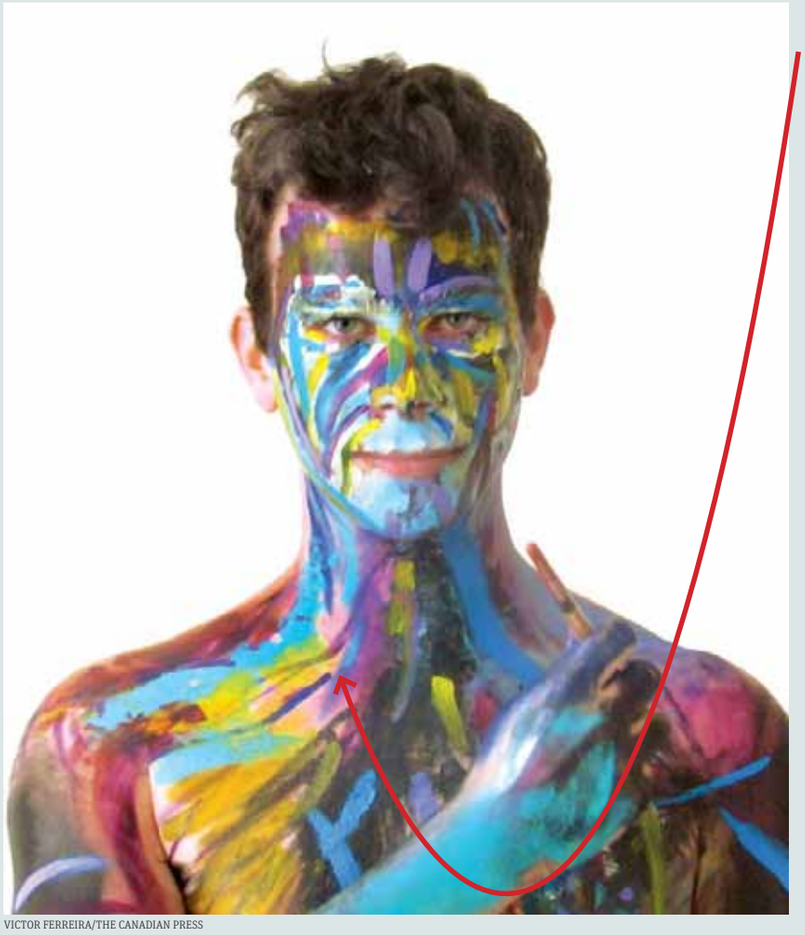
Which is a bummer. I hate living in fear.

But let's give the last word (nearly) to Gordon Harris. Saying, "Nothing calms a street like traffic," he wants to bring back the cars.

Now, that's a conversation that could get really scary.

ZOOM

Radiate from the inside out



VICTOR FERREIRA/THE CANADIAN PRESS

Artist uses canvas as his muse

Matti McLean once hated his body so much that, in his last year of high school, he stopped eating.

Now he's advertising the beauty of the human form by transforming it into a work of art.

Through the Human Canvas Project, established last year, McLean uses his paintbrushes to capture both his subjects' figures and personalities.

Using music, discussion and individual colour choices, McLean tries to tap into each person's special character and use the body as the canvas it's painted on.

He has created 145 canvases since beginning, he said, adding his work is reaching an audience ranging from Australia to Peru.

THE CANADIAN PRESS

Colour at end of the tunnel

"A lot of gay men struggle with eating disorders. I didn't like who I was and took it out on my body."

Matti McLean
Founder, Human Canvas Project
He explained he overcame his self-esteem issues and began the Human Canvas Project as a way to document his close friends and the way that he saw them on the inside.

Comic-book hero. English teacher collects comics for local schools

News worth sharing

Media will always have to report on the tough stuff. But we know that Canada is full of compassionate people, inspiring projects and stories worth celebrating. Here's just one.

That's the spirit

"Those are the really sweet ones. They really get it."

Leonard Wong, on kids who come to his shows and donate their prized comics

Who's your favourite comic-book hero?

One of ours just might be Leonard Wong, head of Templeton Secondary School's English department.

As a kid he hit the reserve section of the Vancouver Public Library for comics.

"I went downtown every weekend to read these comics over and over — it was so crazy!"

Wong was determined to share his love of comics with others.

He has organized 20 years of community comic shows and donated hundreds of comic books to school libraries.

Wong accepts donations of school-appropriate comic books in lieu of entry fees to his one-day conventions.

He collects 100 to 150 comics every year — everything from aging Archie's Double Digests (not much use for schools) to classics such as Maus and Bone.

Kids get in free at all of his shows, but many still choose to donate their most-cherished books, just to share them with others. "Those are the sweet ones. They really get it."

Bring your favourite comic to Wong's next convention on March 24 at Heritage Hall at 15th Avenue and Main Street.

CRAIG AND MARC KIELBURGER

Craig and Marc Kielburger are founders of the international charity and educational partner Free The Children. Its youth empowerment event, We Day, was in eight cities across Canada last year, inspiring more than 100,000 attendees.
Email them for more information and to get involved. Help the good news get around. Send your stories to goodnews@metowe.com and we'll share them right here.

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Martin Short pretends to be a bagpipe as he hosts the Canadian Screen Awards in Toronto on Sunday. FRANK GUNN/THE CANADIAN PRESS

Canadian Screen Awards bewitched by Rebelle

Rebelle ruled while Flashpoint continued to burn bright at the inaugural Canadian Screen Awards on Sunday, as the best in homegrown film and television gathered for a first-ever joint bash hosted by an off-the-wall Martin Short — who brought along his popular alter ego Ed Grimley.

The Oscar-nominated child-soldier drama Rebelle (or War Witch) dominated the film categories with a whopping 10 trophies, including wins for best film, best director, best screenplay and best actress for its teenage star, Rachel Mwanza. It had been up for 12 awards.

"I'm very touched," said Montreal director Kim Nguyen as he collected the best director prize.

"I'd like to dedicate this to the women in the Congo, their strength, their courage and their resilience."

Meanwhile, perennial TV favourite Flashpoint took the top prizes in the TV race, including best drama and best dramatic actor for star Enrico Colantoni.

The inaugural awards gala celebrated the best in Canadian film and television together for the first time, and Short kicked things off with a musical opening that saw him hoisted by wires to soar over the audience.

"They had me so high up there I could see both of Mike Duffy's houses," quipped Short, keeping things topical for his Canuck audience.

He later lobbed affectionate barbs at Canadian celebrities Don Cherry, Rick Mercer and The Bachelor Canada winner Brad Smith, and took aim at recent Oscar winner Argo, which earned criticism for downplaying Canada's role in rescuing six U.S. citizens caught up in the 1979 Iran hostage crisis.

"It's always nice to be home," Short said to a star-studded audience.

"I flew in on Air Canada. Or as Ben Affleck calls it, American Airlines." THE CANADIAN PRESS

Other big winners

TV comedy actor: Gerry Dee, Mr. D

TV comedy actress: Wendel Meldrum, Less Than Kind

TV drama actress: Meg Tilly, Bomb Girls

Documentary: Stories We Tell, Sarah Polley

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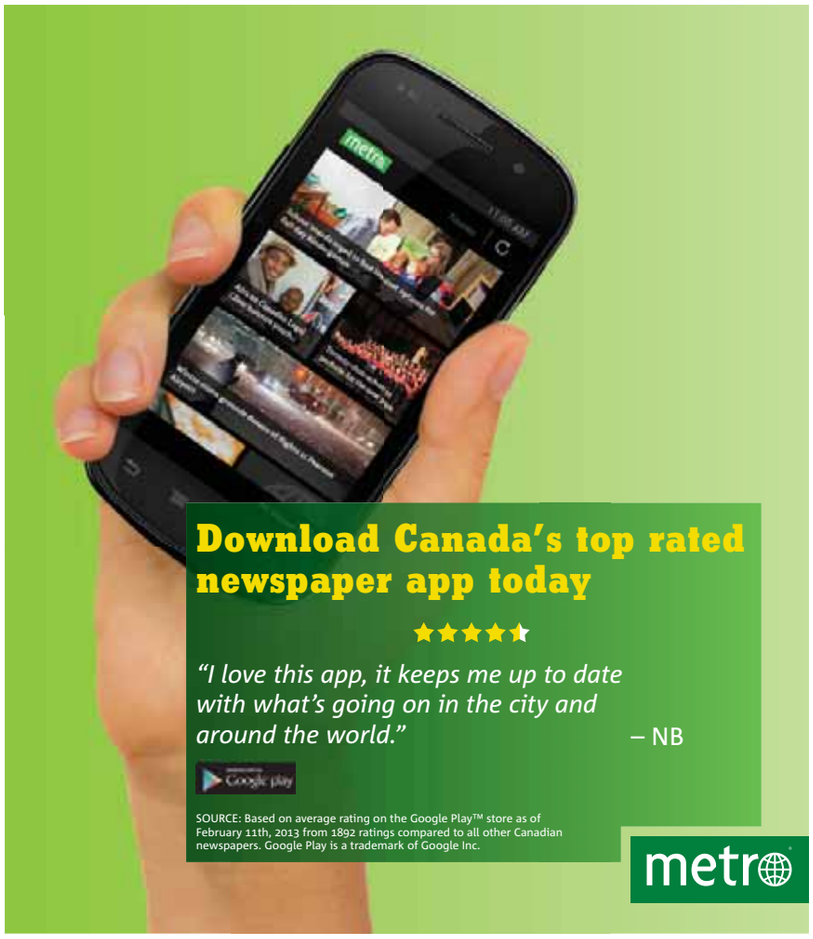
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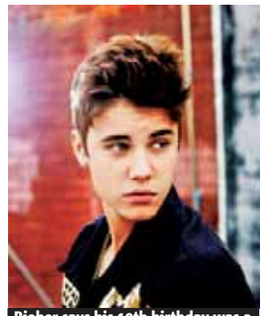
METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Birthday was the worst day, but they sipped $12K in booze when they were thirsty

Justin Bieber's celebrations for his 19th birthday didn't go so swell Friday, leading the star to tweet a simple, "worst birthday." And while his fans leapt to the conclusion that the paparazzi were responsible, it reportedly had more to do with the security at London's Cirque du Soir nightclub, who wouldn't let some of his entourage in because they couldn't prove they were over 18, according to E! News. Bieber still managed to have some fun — dropping a reported $12,000 on bottle service for his pals — but the incident with security put an early stop to the festivities. "I think Justin and his friends had a good time," a source says. "(But) he was, of course, not amused that some of his close friends were refused entrance."



Bieber says his 19th birthday was a bummer. ALL PHOTOS GETTY IMAGES

The Word

Is Kanye a play date hater?

STARGAZING
Malene Arpe
scene@metronews.ca

Mark Wahlberg says he was offered a role in the last Star Trek movie but turned down J.J. Abrams because he "couldn't understand the words or dialogue or anything." Coincidentally the very same reason he stopped modelling underwear for Calvin Klein.

Kanye West rants about Jay-Z and Justin Timberlake's Grammy performance and their new song, Suit and Tie. Jay-Z now regrets not lending Kanye his new toy train before going on the play date with Justin.

Suri Cruise may have a body double. The Brangelina kids are all sulking in their rooms.

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Baby wipes

Not just for bums

Baby wipes are excellent for baby bums, of course. We all know that.

But they are not just for babies anymore. I have found baby wipes to be the perfect eye makeup remover. I ditched my expensive liquid eye makeup remover years ago in favour of the gentle-on-my-skin baby product.

The multi-purpose wipes have a permanent spot in our bathroom for bums, eyes, spills and countertops. I even use them to remove pesky deodorant stains from my clothing.

JENNIFER WALKER OF YUMMYMUMMYCLUB.CA

A cheap solution

Fix for the reluctant biker

My little girl just couldn't get the hang of a two-wheeler bicycle — no matter what.

Instead of paying for an expensive glider, we took the pedals and the chain off of her regular bike.

She then learned how to push and glide to get her balance. It worked perfectly to give her the confidence she needed.

Every child should learn this way!

Once she got her balance and we put the chain and pedals back on, she was off, literally, the first time with no help.

MEGAN ANDREWS OF YUMMYMUMMYCLUB.CA

Exclusively online

After months of anticipation, you're taking your very first wobbly steps. If only John Stamos were here to score the moment with an original ballad. Follow along with the comedic (mis)adventures of mommyhood online with Reasons Mommy Drinks at metronews.ca/voices

Keep your toddler smiling

Indoor activities. Is your child stuck indoors all day? Here are fun ways to keep the little one entertained

CAROLINE FERNANDEZ
YummyMummyClub.ca

Snow days, rainy days, days I just have to do laundry — we've had a lot of inside time lately. I have been getting creative with my two-year-old and finding lots of fun inside ideas. Here are my top nine.

Wooden spoon + pots = musical madness!
Doing the dishes and toddler driving you crazy? Give him a pot and a wooden spoon. Bang, clash, boom. So simple, yet so entertaining. Mix it up with plastic bowls, stainless steel pots, wooden and metal spoons (the bigger the better). He's learning about beats and music while getting his banging on.

Cardboard box + crayons = artful activity!
I get tons of cardboard box deliveries. A few crayons (washable, of course!) plus his creativity and it makes for the perfect art experience. Lines, squiggles, circles. He's learning about art without even knowing it.

Empty milk jug + soft ball = toddler bowling!
We go through four litres of milk a day (yes, really!), so before I take those milk jugs back for deposit, we re-purpose them into a bit of play. Line them up against a wall, stand back and gently roll (this takes practice) the ball to knock over the jugs. It's a fun physical activity — there is crouching, bending picking up and running back to knock them down again.

Cars + hands = CRASH!
There is something about crashing things that entertains my toddler to no end. Cars, pillows, teddy bears, two of anything can crash really. It is repetitive and verbal (he sings "crash, crash") and apparently tons of fun.

Fingers + songs = finger songs
Folding laundry and toddler wants your attention? Start singing Head and Shoulders or Wheels on the Bus or The Hokey Pokey. You can do the movements as you fold (whizzing socks around while singing Wheels on the Bus is just organic) and he'll follow along. That's multi-tasking.

Kitchen sink + water = homemade water table.
This was my Tuesday. I pulled a chair up to the sink. I filled it with water and dish soap and put in wooden spoons, plastic measuring cups and some clean plastic yogurt containers. My son instinctively climbed up and went to town splashing and pouring. Yes, the floor got wet. Yes, he got wet too. But the clean up was easy, with a simple swipe of the towel and a quick change of clothes. It was play time well spent.

Swim + bodies = land swimming.
Sounds weird, right? This was part of a game we played at play group where there were "octopus" who had to catch "fish" swimming by. Dear son loved it so much we often land swim around the house. Chanting, "swim, swim swim," we walk around the living room and move our hands like we're swimming. Hurry, a shark!

Hide + seek = where did it go?
Showing an object and then hiding it under my shirt (or his) is a daily event. "Where'd it go?!" we ask each other. I call it training for finding running shoes in his school years.

Give her pots and pans to bang on while you wash dishes. ISTOCK

Books + lap = reading time
Before every nap and bedtime, we read stories. I change up the ones on the toddler reading table (more for my entertainment than his). Currently we are reading Blue Hat, Green Hat by Sandra Boynton and Toupie a peur by Dominique Jolin.

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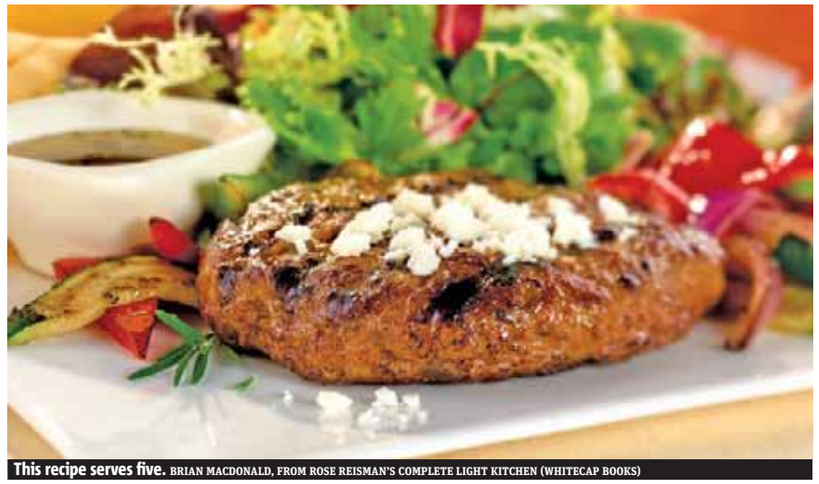

This recipe serves five. BRIAN MACDONALD, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

Add some mushrooms, feta cheese and oregano and you have a whole new burger.

Try substituting ground chicken, turkey or veal. Forget the bun — I love to serve these over a bed of couscous.

But if you're serving them on a bun, be sure to include lettuce, tomatoes and onions for an extra serving of veggies.

Ingredients

- 1 cup chopped mushrooms
- 1/2 cup chopped onion
- 1/3 cup light feta cheese, crumbled
- 1 lb extra-lean ground beef or lamb
- 1/4 cup finely chopped fresh chives
- 3 tbsp chopped fresh oregano
- 2 tbsp barbecue sauce
- 3 tbsp dry seasoned bread crumbs
- 2 tsp minced fresh garlic
- 1 egg
- 3 tbsp chopped oregano

1. Spray a non-stick skillet with cooking oil; add the mushrooms and onions and cook over medium-high heat for 4 minutes or until softened and browned. Remove from the heat. Stir in the feta.

2. Combine the beef, chives, oregano, barbecue sauce, bread crumbs, garlic and egg in a bowl. Stir in the onion mixture. Mix thoroughly. Form into 5 patties.

3. Spray a non-stick grill pan or barbecue grill with cooking oil and heat to medium-high. Grill the patties for 3 to 5 minutes per side or until no longer pink in the centre. (Alternatively, place on a baking sheet in the centre of a preheated 450 F oven for 10 to 15 minutes or until cooked through, turning once.) Garnish with oregano and crumbled feta cheese, if desired. ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN

The In-Credibility Factor

Working hard while doing good

TURNING POINT
Teresa Kruze
life@metronews.ca

Name: James Temple
City: Toronto
Age: 29
Occupation: Corporate responsibility director at PriceWaterhouseCoopers LLP

James Temple worked as a professional musician, sold doughnuts and hauled manure for a greenhouse. Deciding he needed a fresh start, Temple went back to school to study geographic analysis. He is now a corporate responsibility director, encouraging thousands of employees to give back and make a difference in their communities. Temple encourages employees to be a catalyst for change and to always watch the "triple bottom line" of planet, people and profit.

I knew I was on my way when...

I was on stage delivering a TED talk (a non-profit organization devoted to ideas worth spreading) about how to embrace your inner "advoteer" and to help fuel a career with purpose. I was finally able to articulate how everyone's professional contributions could help address society's challenges, and how businesses could integrate social purpose, environmental sustainability, and economic integrity into their operations.

James Temple was named one of North America's top corporate responsibility practitioners by the Centre for Sustainability and Excellence. PROVIDED

Since then I've been interviewed by Forbes.com and have presented at conferences around the world.

Action Plan

- Never compromise your values and learn alongside others by asking the right questions. Remember that good listeners earn people's respect.
- Be curious and bold because you grow most when you're uncomfortable. Harness the feeling and let it energize you.
- If you think you've got your career planned out then go in the opposite direction. Remember that young rivers meander, while old streams end up going in one direction and dry up altogether.

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How to mess up the first meeting

Don't, just don't.
On avoiding the opportunity ambush

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The job interview is one of the most important parts of the job-search process, and one that you have far more control over than you think, says Stefan Danis, CEO of Mandrake. Here are common interview mistakes and his advice on how to avoid them — and get the job of your dreams.

Fight the desire to fib about your employment history. ISTOCK

And then I learned to ski...

"Some people think life outside of work is not relevant to work ... but I would say quite the opposite."
Stefan Danis
CEO of Mandrake

Come unprepared
The job description is usually filled with information about what type of employee the company is looking for, so spend time positioning how your experience and competencies match up. "The bad (move) is you come in and talk about yourself but in no way relate your narrative to what the company is looking for," says Danis. Questions during the interview will invariably relate to the job description. Consider rehearsing your answers in front of a mirror so you give the answer in the best possible way. "You must remain authentic in your response as opposed to rehearsed, however," he says.

Don't ask questions
You can extract a tremendous amount of information as an interviewee, says Danis. Right off the top, ask how the interview will be structured — so you know how much time you have and how you should tailor the length and detail of answers. Then, "in a perfect world you would finish every single answer with a query that would reflect back to the interviewer. For example, how is this competency valued within your organization?" Before you leave, ask for feedback. "Most interviewers will share with you what they thought right away if you ask them, but most people leave without asking the question." Ask.

Make the interview all about work
The resumé got you the interview, says Danis, and odds are the fit will get you the job. Employers unearth fit by understanding how you go about your business and who you are. Include references to your personal life on your resumé and during the interview. "Some people think life outside of work is not relevant to work ... but I would say quite the opposite, that life outside of work is in fact what gets you the job." Also, the biggest mistake in terms of high performance interviewing is to not create an interactive experience, says Danis. Don't just answer questions and match what the interviewer is asking. Engage in a real back and forth conversation.

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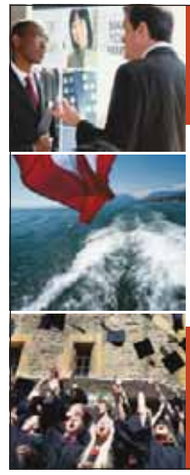

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Canucks tough guy Tom Sestito takes a punch from new Flames enforcer Brian McGrattan on Sunday night in Calgary. LARRY MACDOUGAL/THE CANADIAN PRESS

Canucks roughed up by Flames

NHL. Calgary scores twice in third period to defeat Vancouver

CAM TUCKER
cam.tucker@metronews.ca

On Sunday

Flames	Canucks
4	2

A snowstorm in Calgary couldn't ground the Canucks; instead, the Flames took care of that.

The Canucks' flight to Calgary was delayed Saturday night and again on Sunday due to a massive snowstorm in Calgary. But Vancouver did arrive in time for Sunday's game, reportedly about two hours before puck drop.

After dominating everywhere but on the scoreboard through two periods, the Canucks couldn't muster any offence in the third and lost 4-2 as a result. It was the first regulation loss for Vancouver against a Northwest Division opponent this season.

Flames goalie Danny Taylor, who played parts of the last two seasons with the Abbotsford Heat, recorded his first career NHL win.

Jarome Iginla scored the winning goal with 7:24 remaining in the third period as his centring pass deflected in off Canucks defenceman Jason Garrison. The goal came just after the expiration of a Canucks bench minor, assessed when head coach Alain Vigneault expressed his displeasure to the officials about a non-call.

Chris Higgins and Jannik Hansen — whose wife gave birth to twins Sunday morning — scored for the Canucks.

Mike Cammalleri scored twice for Calgary, and Lee Stempniak added a single.

Cammalleri's first goal came off a lazy wrist shot from just inside the Canucks blueline that goalie Roberto Luongo whiffed on with the glove hand.

CIS volleyball

T-Birds extend streak of national dominance

It's been a dynasty for a while.

The UBC Thunderbirds women's volleyball team added to its remarkable rule over Canadian Interuniversity Sport with a sixth consecutive national championship, capped off with a 3-0 victory over the University of Alberta.

The Thunderbirds hadn't lost a Canada West regular-season match since Oct. 27 and had run the table in playoffs prior to the CIS championship tournament in Sherbrooke, Que.

They promptly defeated Laval University and Langley-based Trinity Western University to advance to Saturday's final. The Thunderbirds then won all three sets (25-13, 25-23, 25-18) to claim the championship over Alberta.

It marks the 10th CIS title for the women's team.

The Thunderbirds also joined historic company. They tied the University of Winnipeg and Alberta for most consecutive championships in CIS history. Winnipeg's team accomplished the feat from 1983 to 1988, while Alberta did it from 1995 to 2000.

Lisa Barclay, the Thunderbirds' third-year outside hitter, was named tournament MVP.

Fifth-year players Shanice Marcelle and Brina Derksen-Bergen were named to the all-tournament team — but more importantly they finished their university careers with championships in all five years they played for UBC. CAM TUCKER/METRO

MLS. Early indications not good for injured Whitecap DeMerit

Vancouver Whitecaps captain Jay DeMerit is carried off the field on Saturday at BC Place. DARRYL DYCK/THE CANADIAN PRESS

An update on the status of injured Vancouver Whitecaps defender and captain Jay DeMerit could come Monday.

The 33-year-old centre back was injured in the seventh minute of Saturday's season-opening match against Toronto FC at BC Place when he fell awkwardly on his left leg after jumping up to head a loose ball.

DeMerit, who had dealt with Achilles tendinitis throughout training camp, stayed down on the field for a few minutes before being helped off. He couldn't put pressure on his left foot as the training staff helped him to the sideline.

The club called the injury a left calf strain. No further update was provided following the match.

A tweet from DeMerit after the game created a somewhat grim outlook.

"Great start from the @WhitecapsFC boys tonight. Not so much for myself. Things aren't looking good, unfortunately. #keepsmiling #GoCaps," DeMerit wrote on his Twitter account (D6MERIT) on Saturday.

Brad Rusin, an off-season acquisition of the Whitecaps, came into the match and fit in seamlessly.

Honduran defender Johnny Leveron, another centre back, is still in Carolina, where the Whitecaps held the last portion of their preseason training camp, due to Canadian visa issues that are expected to be resolved "soon," said head coach Martin Rennie following Saturday's match. CAM TUCKER/METRO

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Horoscopes

♈ Aries
March 21 - April 20
If someone provokes you today your instinct will be to hit back fast and hard, but it would be better if you control yourself. The planets indicate that revenge is unnecessary. Rivals and enemies will self-destruct soon enough.

♉ Taurus
April 21 - May 21
You know that appearances can be deceptive, so don't jump to conclusions today. With Venus, your ruler, at right angles to Jupiter you may get completely the wrong end of the stick, with less than enjoyable results.

♊ Gemini
May 22 - June 21
There are times when you must look out for Number One and this is one of them. If you allow yourself to be taken in by a sob story today you will surely regret it later.

♋ Cancer
June 22 - July 23
You may have bitten off more than you can chew but it's no big deal. As the Sun edges closer to the midheaven angle of your chart you need to be a bit more adventurous.

♌ Leo
July 24 - Aug. 23
Decide what is of most importance to you personally and focus all your energy on that one thing. Others may say you are being selfish, and maybe you are, but since when has that been a crime?

♍ Virgo
Aug. 24 - Sept. 23
Are you happy with the way your life is going? If not you must do something about it. A big wave of change is coming and if you are ready, you can ride it to success.

♎ Libra
Sept. 24 - Oct. 23
You may get quite upset today, especially if you see some sort of injustice taking place. But don't get too emotional because your job is to find a practical solution.

♏ Scorpio
Oct. 24 - Nov. 22
The planets warn you should be on your guard, especially when dealing with business and financial matters. If someone sees that you want something badly enough they will push up the price.

♐ Sagittarius
Nov. 23 - Dec. 21
Don't change things when you don't have to. With Jupiter, your ruler, so active at the moment all you have to do is be yourself and keep doing what you already do so well. You're on the cusp of success already.

♑ Capricorn
Dec. 22 - Jan. 20
There are things going on behind the scenes that are going to affect you in a big way over the next few weeks. For that reason alone you must not commit yourself.

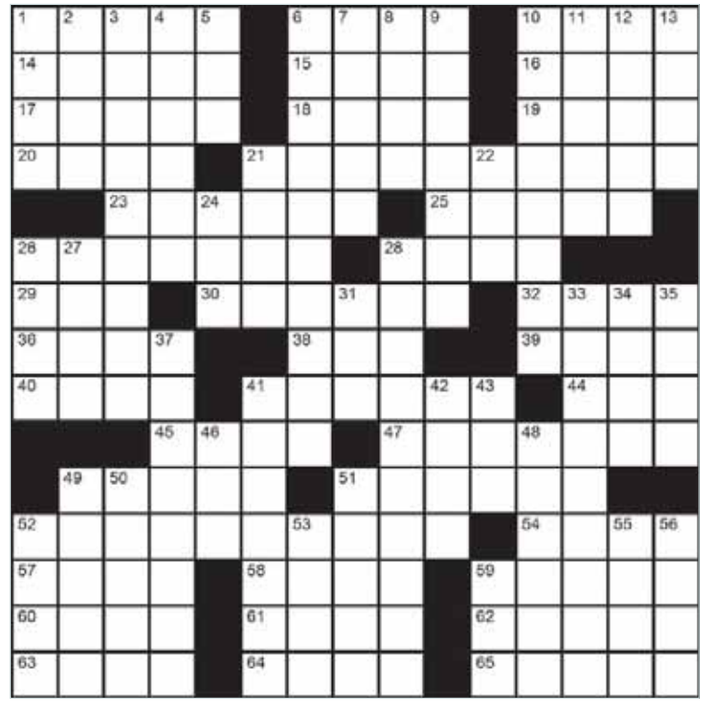
♒ Aquarius
Jan. 21 - Feb. 19
However anxious you may be about a certain situation there is no need to change what you are doing. Time is on your side and Lady Luck will sooner or later act in your favor.

♓ Pisces
Feb. 20 - March 20
Be careful when dealing with employers, authority figures and other important people over the next few days. You may want to impress them but what you don't want to do is come across as desperate.

SALLY BROMPTON

Crossword: Canada Across and Down

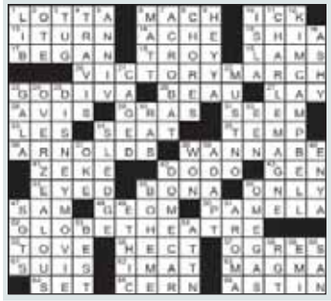
BY KELLY ANN BUCHANAN



Across
1. TD Canada __
6. 007, et al.
10. "Bud the __" (Song by #9-Down)
14. Weight unit
15. "Cast Away" (2000) transport
16. Ice cream __
17. Use the towel again
18. Farewell, in Rome
19. "__ boy!" (Well done)
20. 'Chick' suffix
21. Pre-Harper Prime Minister: 2 wds.
23. Quebec's Lachine __
25. Life sign
26. Take the train or bus
28. Abundant
29. Kimono sash
30. Located in Nunavut, it's Canada's largest island
32. Colourful plastic parts on binder separators
36. Negative replies in Montreal
38. Elles opposites
39. Missing-a-member quartet
40. Ooze
41. __ Social Scene
44. Make long grass short
45. Cosmetic cream content
47. Red Rose products: 2 wds.
49. Jeans fabric
51. Like many chips
52. Marvel products: 2 wds.
54. Some pol. party members
57. Mayberry kid of '60s TV
58. "If all __ fails..."
59. Ms. Roberts
60. Pell-__ (In haste)
61. "__ Window" (1954)
62. Luminous
63. Barack Obama's li'l title
64. Items on a landscaper's truck
65. Slammers in England

Down
1. When tripled, war movie of 1970!
2. Repented
3. Sabotage
4. Horror flick franchise
5. Scottish writer, Josephine __
6. "Rebellion (Lies)" band from Montreal: 2 wds.
7. __ Julius Caesar
8. Frying pan name, _-__
9. Canadian music legend, __' Tom Connors
10. Gone with the Wind protagonist
11. Paul who famously sang "Nessun Dorma"
12. Free from knots
13. Hollywood icon James
21. Pocket bread
22. Montreal musician, Melissa __ der Maur
24. "Coronation Street" hangout
26. Jailbirds
27. Double-reed woodwind
28. Adrenaline junkies: 2 wds.
31. Rapper, __ Rida
33. Plated burrowing mammal
34. Book genre, for short
35. Plants seeds
37. Cocker and Springer
41. Winnipeg Blue __
42. Tube-shaped fishies
43. Singer/pianist, __ King Cole
46. Driver's need, for short
48. Kind of whale
49. Steroids-using athlete
50. Actor Mr. Hirsch
51. "What a pity.": 2 wds.
52. Free pass, commonly
53. Margarine
55. Sci. class
56. Carpentry tools
59. Series Toronto-born actor David James Elliott starred on

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	7		6	9	8		2	
4								8
		1				5		
5	1		9		3		8	4
				2				
8	9		1		4		6	7
		3				8		
7								9
	4		7	8	1		5	

Friday's Sudoku

9	1	4	5	7	2	3	6	8
5	3	8	9	4	6	2	1	7
7	6	2	3	1	8	5	4	9
8	2	3	7	5	1	4	9	6
1	4	9	8	6	3	7	5	2
6	5	7	4	2	9	1	8	3
2	8	5	1	9	7	6	3	4
4	9	6	2	3	5	8	7	1
3	7	1	6	8	4	9	2	5

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